



FOOT PROTECTION

Toolbox Talks for Municipal Utilities

According to the Bureau of Labor Statistics, there were 220,000 work-related foot injuries in 2013; that's approximately 600 injuries every day. With the cost of the average foot injury at \$6700, not to mention the price of pain and suffering, we can't afford to not protect our feet.

The terms "safety shoes" or "protective footwear" refer to footwear that meets safety design specifications that helps prevent injury to the feet. This type of footwear provides protection from falling objects or compression with reinforcement in the tarsal (toe) or metatarsal (top of the foot) areas. The protective toe may be made with steel or composite materials.

Choose protective footwear that is comfortable to walk and stand in. Never buy footwear with the notion that it will "break in". The steel cap isn't going anywhere.

Use a 3-point contact and keep both hands free when getting in and out of vehicles. To prevent falls, make sure that both the steps on equipment and your footwear are free of accumulated ice, snow or mud.

Make sure to replace your footwear on a as-needed, rather than an annual, basis because the working conditions determine the service life of your footwear. Routine inspections of the soles and upper and upper part of the boot will help you decide when it's time to replace them.



- Protective footwear must be worn when there is danger of foot injuries from rolling or falling objects, or from objects piercing the sole or when an electrical hazard exists, such as shock or static discharge.
- Keep your boots dry and in good repair.

The boots shown above provide protection for toes and the top of the foot; the metatarsal.